

I chose online spaces as a mixed-reality: social media, chats like Discord, and games. These places shape how men talk, the discourse, and how they hide their emotions. The goal is not withdrawal from emotion but withdrawal from systems that use silence or pain as engagement. Opening up becomes a way to break that pattern.

## **Ways of Resistance**

1. Speak to real people you're comfortable with, even if you feel like a burden. Don't subject yourself to algorithms and fall deeper.
2. Choose one friend and tell the truth before posting anything public.
3. Stop keeping it in. These platforms like Tiktok and Instagram rely on you to keep feeling a certain way to keep scrolling.
4. Break cycles by talking about what you feel instead of burying it under games, smoking, drugs or endless feeds.
5. Keep platforms from owning your vulnerability by sharing in controlled spaces: small groups, private calls, direct messages.
6. Push back against the idea that men have no support. Build one connection at a time. Make friends with those who offer a hand.
7. Use honesty as resistance. Being honest allows you to be more comfortable with yourself, even if it's hard.

## **Meaning inside online spaces**

Most platforms assume men will not talk about their emotions. And, when they do, it's in small bursts where they're used for likes and let people dwell on their emotions. Social media algorithms design around that: long hours online, muted expression, predictable late-night activity, scrolling instead of speaking. When a man chooses to open up in spite of this, he breaks the pattern that keeps him isolated and easy to manipulate. Openness is not performance. It is control over your own story before the system interprets it. Breaking away from the idea of a man having to be an emotionless pillar for everything in his life is one way to realize that the patriarchal system doesn't work anymore.

## Flowchart

```
Start |
v Forcing yourself to stay silent?
|
v Contact one trusted person directly
|
Try to fight the urge to get on the game.
|
v Does social media push distraction instead of connection?
|
----Yes----> Step away from the feed; keep the direct conversation
|
No
|
v
Share only in spaces you control
|
v
Is the platform trying to use your feelings?
|
----Yes----> Move to a more private way of speaking. Talk to those
around you.
|
No
|
v
Human connection. Don't subject yourself to social media algorithms
and worsen your mental state.
```